

The Mountain Spaa Story

Mountain Spaa Resort is an oasis of tranquility. Relaxed sunny days, warm crystal-clean mineral pools. Bright blue skies, cool evening breezes. Located in beautiful Heber Valley, one mile from Wasatch Mountain State Park.

A lush, green resort with a certain mystique, delightful rural atmosphere and historical value. In a world of fast-paced lifestyles and never-ending development, here is a quiet spot where one can relax to the absolute stillness, breathe the clean mountain air, bathe in the healthful mineral water pools.

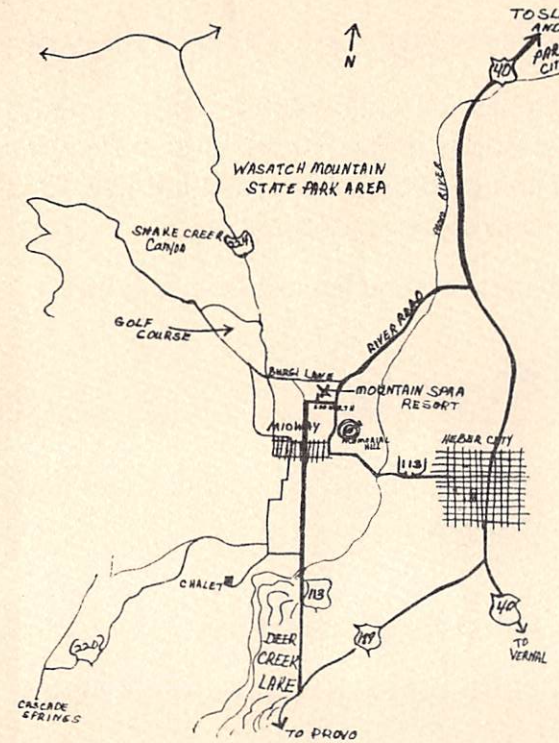
The "Hot Pots" from which the water comes, are cone-shaped springs of lime formation formed by water. The water is loaded with the magic mineral, Zinc, which is noted for its wound-healing ability and its benefits to arthritic patients. The water contains lime, zinc, iron, magnesium, potassium, calcium as well as other minerals. In ancient times, the water ran over the surface and formed the cones. Some are very high while others are ground level. The dry pots have sealed themselves off.

Even before the "Hot Pots" was homesteaded, settlers and passers-by swam in a large pot they called "The Old Long Pot". Legend has it that in 1851, a gang of outlaws stopped to take a swim in the Old Long Pot. They were interrupted by a band of renegade Indians. When the outlaws saw the Indians preying down upon them, they quickly put their gold in an old iron kettle and buried it, then they fled. Many years later one of the men returned to claim the gold, but the land had changed so much that he was unable to find it. Many have searched in vain for the gold, but it remains hidden somewhere near the Old Long Pot.

In 1885, Ezra Strong bought the claim for two yoke of oxen and a second-hand sewing machine from some Indians. He put a tent over one dry pot to live in and opened a saloon in another. To enter the Saloon one had to slide down a rope. In 1888, Andrew Luke bought the claim. Andrew and his oldest son, John, built a popular resort on the claim. "Luke's Hot Pots" became famous for its healthful mineral water pools, chicken dinners and swinging Saturday night dances.

Today, nearly a century later, the Mountain Spaa still retains its charm. Known as the Mountain Spaa Resort since 1957, the Resort is owned by the Eugene Payne Family. The Old Long Pot is now the indoor swimming pool at the resort. The pool was built inside the crater, the springs bubble every few seconds and the pool is fed constantly by a direct gravity-flow of healthful mineral water. In addition, there is a larger outdoor pool that is also mineral water. The old dry pot where Ezra Strong lived and played is still there; the 100-year-old Luke family home (now a Guest House), the dance hall and the dining room where you can still get a delicious chicken dinner, are all still there.

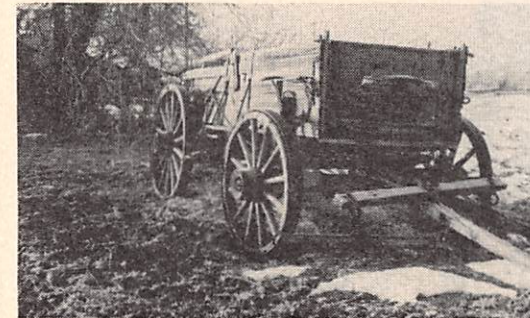
An environment that promotes physical healing, emotional balance and spiritual wholeness. Mountain Spaa Resort is the ideal mountain retreat.



Only minutes from historic Park City, a mecca of year-round activity.

Just 45 beautiful minutes by car from Salt Lake City and Provo areas.

Travel Interstate 80 and Highway 40 from Salt Lake City - through the famous scenic beauty of Provo Canyon on Highway 189 from Provo.



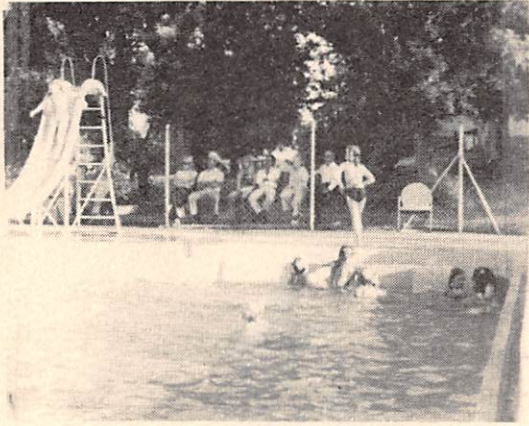
The Mountain Spaa Resort



in Beautiful Heber Valley

800 North 200 East
Midway, Utah 84049
654-0721 or 654-0807

"Fun Under Western Skies"



Swimming

The Mountain Spaa Resort was founded over 100 years ago, essentially as a swimming resort. The pools, indoor and outdoor, offer an unforgettable experience. They are filled with fast-circulating warm, odorless, mineral water from our own "hot pots".

Midway's ONLY mineral water swimming pools. Relaxing, healthy, clean pools you'll find nowhere else.

Mineral Bath

The Mountain Spaa also boasts a private mineral bath. The clean odorless water flows by gravity-flow from its own small hot pot.

The water ranges from 105 to 110°, is high in zinc and iron.

Dining & Snacking

Delicious, affordable nutritionally balanced meals, served in our Pioneer Dining Room, or in our antique furnished cafe and fountain.

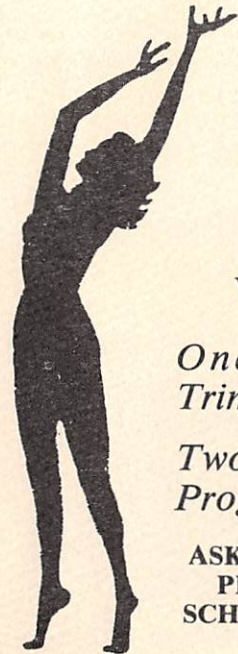
Banquets, luncheons also available.

Playing

Our game room has pinball, pool and video games.

Boating and fishing only three miles away on Deer Creek Lake.

Golfing one mile away at Wasatch Mountain State Park.



Enjoy a
relaxing,
affordable,

SLIM & FITNESS VACATION

*One-Week "Fit'n
Trim" Program!*

*Two night "Get Away"
Program!*

**ASK FOR OUR RETREAT
PROGRAM FLYER &
SCHEDULE OF SERVICES
AND FEES.**

Riding

A stable of selected riding horses is maintained on the premises.

Ride through green meadows or up mountain trails.

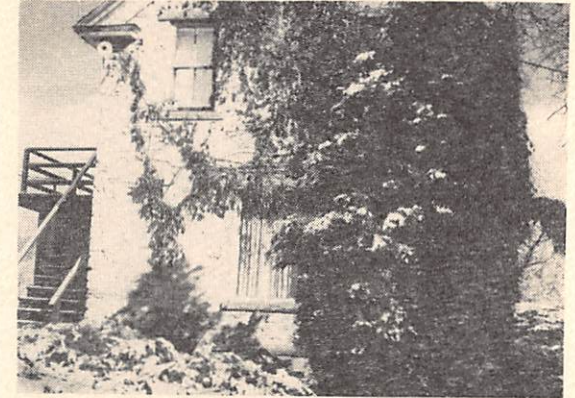


A perfect spot for a party or reunion, our customers come back year after year. A summer vacation with fresh mountain air, where the average temperature is perfect. Warm days and cool nights - sun-tan and blankets.

Picnicking, banquets, dancing, programs, meetings, weddings - we have the facilities.

Guest House

Formerly the Luke Family Home. Quaint and Quiet, you'll get the best nights rest ever, especially if you indulge in a mineral bath before retiring. One of the most relaxing experiences you'll ever have.



Cabins

The Mountain Spaa has available, small cabins for overnight guests. The cabins are very reasonably priced, clean, quiet and close to the trailer and camper parking area.

Parking... Camping

Park your trailer or camper for the night, the weekend, or the season. Hookups are available, sewer, lights and water. Or - just pitch a tent on undeveloped area. Either way, you'll experience one of the most quiet, restful nights of your life.